

From: Candace Fontana [REDACTED]
Date: April 28, 2010 7:13:58 PM PDT
To: Daron Morris <daron@morrisandhart.com>
1 Attachment, 133 KB



Sent from my iPhone

From: Candace Fontana [REDACTED]
Date: April 28, 2010 7:14:34 PM PDT
To: Daron Morris <daron@morrisandhart.com>
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Challenges don't stop for Fontana

**TRIATHLON TRAINING: Ironman
Canada in Penticton next on the
agenda without previous experience**

AARON BICHARD
News Leader Pictorial

When local fitness fanatic Daryl (Corky) Fontana challenges himself, he jumps in hard and fast, both feet first.

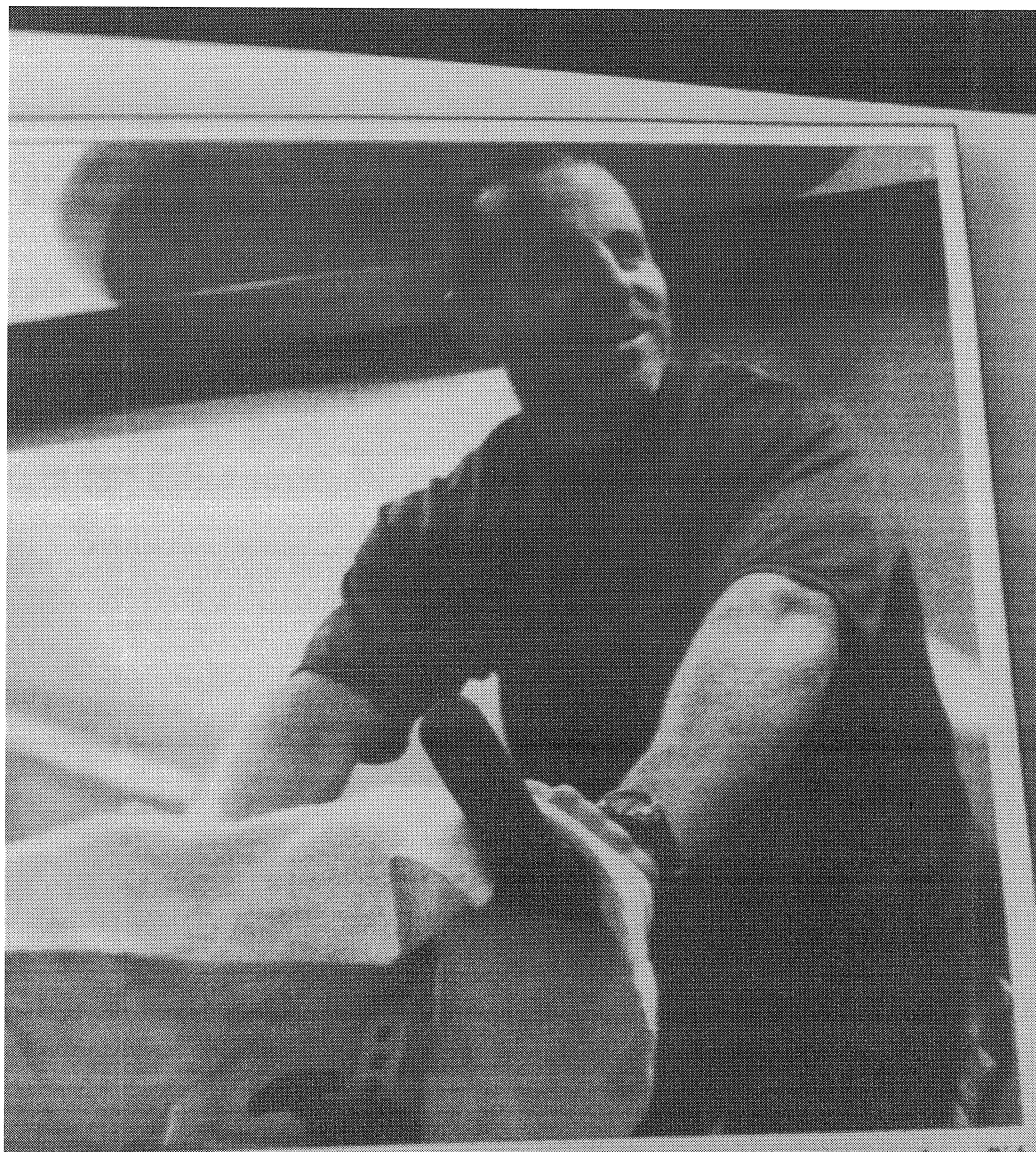
His latest leap has landed him in deep water and the only way out is to swim 3.8 kilometres, bike 180 more, then run a marathon.

Fontana, who has never even attempted to do a triathlon, has signed up for the sultan of stamina challenges — the Subaru Ironman Canada.

What's more, he actually camped out overnight on the sidewalk to ensure he had the chance to beat the heck out of his body a year later.

Daryl (Corky) Fontana

From: Candace Fontana [REDACTED]
Date: April 28, 2010 7:14:45 PM PDT
To: Daron Morris <daron@morrisandhart.com>
1 Attachment, 104 KB



Aaron Bick

Fontana puts the pedal to the metal on the stationary bike as part of his Ironman Canada workouts.

ing for the national show, Fontana needed a new challenge and lum- classes on the stationary bikes and a three-ho ride on the weekend. Fontana still finds time take his three kids to their sport committme